



Charlotte Mason's House of Education,
Scale How, Ambleside, UK, 2009

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you and about you, can only be entered through the doorway of your own soul. If you lose the key to that door then Heaven help you.

Heaven is here and now. To learn God's thoughts in history, art, literature, and music is the beginning. Enlarge yourself; see widely, mount, and "follow the Gleam." God would have us great spirits bringing our whole natures—intellectual, emotional, spiritual—into play, not merely exercising a fractional part. "Im Ganzen, Güten, Währen, resolut zu leben," was Goethe's motto. We also may take it for ours.

PHYSICAL EDUCATION.*

BY DR. ATKINSON WOOD.

IT has been considered for many years necessary for boys to have plenty of exercise and play, in fact it has been said "all work and no play makes Jack a dull boy," an ugly boy, an unmanly boy, a prig and perhaps something worse, if there is anything worse. It often has the same effect on Jill, except that it sometimes makes her very morbid and very silly. Athletic play is a humanizing power, an outlet for some of the unnaturally pent up physical energies of both sexes. In days gone by it was considered unseemly for girls to take part in any active exercise; the girls' school walk for boarders was about all it was considered necessary or seemly for the young ladies to take. The poor girl was never allowed out without an attendant, she sat indoors and sewed all day, she was bound round with tight corsets which prevented her from taking deep breaths. She had a poor circulation and as a consequence constipation, anæmia, lassitude and lethargy, was spotty and stooping with a morose look, and an unhappy and often a morbid mind were inevitable consequences. The thoughts and disposition have a far greater effect on the personal appearance than the features. Compare this picture with the girl just going to a hockey match with pleased expectancy shining on her face, and coming home with flushed cheeks and sparkling eyes, quick thoughts and apt *repartee*. Perhaps also with a black eye, but that is of small consequence compared with healthy thoughts and a feeling of happiness with all the world. Happy does not express it, ask a girl who really takes part in a game of hockey or cricket, and wears appropriate clothing if taking such physical exercise has not introduced into her life a joy that she never knew before. The "good smart walk" of years gone by is not to be compared with the game of to-day where the girl takes an interest in the exercise. This taking an interest in the

* Address delivered at a meeting of the branch of Southern Suburbs of Melbourne.

exercise is of enormous importance; a dull walk taken as a duty and not as a pleasure does not do any good; physiologically speaking, it is the interest fixed in the exercise that does the good.

It is for this reason that the musical rhythmical movements were introduced, and it is for this reason that some of the milder boys' games are now advocated for girls too. Of systems there are any number, many with advantages and disadvantages, but what we should require from them is:—attractiveness and the most all round benefit with the least harm, at the smallest expense of money, time, and energy, with the greatest independence of external conditions, and a fair advertisement to show the interests and advantages and the limitations.

English speaking people are far behind the Continentals in these class systems of exercise. On the Continent many hundreds take a delight in exercising together, and the men who trained this mass to a better physical life deserve well of their country. There are now many physical training colleges in England where women are taught to teach games, such as skipping, fencing, fives, hockey, cricket, basket ball, rounders, prisoners' base and many Swedish games. Young children are often told to "run away and play," but they want teaching to play.

The result of physical exercise is to quicken the heart's action and make the blood circulate better, it fills out all the small vessels in the lungs, muscles, digestive and other internal organs, which would be otherwise unused, and it thus increases their functions and makes them all act better; it thus not only increases the physical strength and endurance, but improves the general physique and gives the owner a capacity for the enjoyment of living which could not exist otherwise. We all know what it is to feel "liverish," which is due to stagnation of all functions; constipation with dull heavy dissatisfied feeling, headache, disinclination to do things and a morbid feeling that no one cares for us. The circulation is slow, the breathing is shallow and all the functions or actions of the body are half asleep. Bring some deep breaths into play, quicken the heart and generally wake up the organs, and these feelings pass away like mist before the sun.

It is this habit of physical exercise with its accompanying joys that we want to instil into the rising generation, they will do better brain work in a shorter time and enjoy life a great deal the more for it.

But we must not think that everyone is fitted to begin at once with severe physical exercise. Some of the classes wisely require a medical certificate from their pupils to say they are fit for it.

What is one man's meat is another's poison, and many girls will require to be gradually trained up to play the severer games or to take part in the severer exercises, but there are few indeed that would not benefit by a judicious deep breathing and mild exercise course.

Some of the anæmic and rapidly growing children require to be very carefully handled. If a girl does not naturally take to games there is probably something the matter with her and she should see a medical man.

Combined with deep breathing, it is necessary to see that the air inspired is fresh and pure, and all of us should cultivate the habit of sleeping with the windows wide open and the blinds up, it is no use having the windows open and blinds down. Then in the early morning in the pure fresh air of the bedroom, ten minutes spent in long breaths and mild physical exercise will waken up the heart, respiration, muscles and other important organs, and give a fair start to the day's work.

Many of these systems of culture are carried on without any implements, it is not necessary to have elaborate horizontal bars or weights and pulleys or even clubs, but ample physical exercise can be taken in the morning with great interest and pleasure by moving the limbs and body in certain ways, ending up perhaps with a skip, and keeping a record to increase the interest.

Diet, too, is an important detail. Most of us eat too much and eat too quickly; if we chewed our food twice or three times as long, we would digest much more and require to eat much less: it is not what goes into the mouth that nourishes, it is what is digested, and when sufficient supply is taken up by the body a satisfied feeling steals over us, and no more should be eaten. If food is absorbed in quantities just sufficient to nourish the body and no more, "liverishness"

will not ensue and the bright and sparkling feeling that belongs to one who is really well is present always. This complete chewing has been brought into the American Army and was introduced by a man named Horace Fletcher.

The ideal training then for a child is to have loose clothing with gradually increased breathing and muscular exercises later on, she should join in appropriate sports, such as running, jumping, and games such as modified cricket, hockey, basket ball, skipping, tennis, swimming, fencing, fives, hopscotch (for the sake of balance), hoop bowling—with both hands. At all times she should live in a pure atmosphere, and her bedroom windows should never be shut except for dust and heat. She should pull the blinds quite up just before getting into bed, and she will thus spend her ten hours or more sleep in pure air.

She should be taught to eat very slowly, and chew very thoroughly, and will thus escape digestive and liverish troubles which would tend to interfere with her physical education, and anything that will interfere with that will, you may depend on it, interfere with her mental and moral education. A sound mind in a sound body is what we should aim at establishing in our rising generation, and I suppose no one has recognised this necessity in a more practical manner than the late Mr. Rhodes, who has created the Rhodes Scholarships for those who excel both physically and mentally. We only want now some wealthy lady to establish the same kind of scholarships for girls that now exist for young men.

There is now a National League for Physical Education and Improvement founded by Sir Wm. Broadbent, assisted by the Bishop of Ripon and Sir Lander Brunton in London, under the presidency of the Lord Mayor of London, to endeavour to improve the physique of the rising generation, and to found other similar organisations, and to see that adequate opportunities are available for open-air games and physical exercises for boys and girls.

NURSERY MANAGEMENT.

BY A NURSE.

V. THE NURSE.

FINALLY, we come to the management of the nurse, and this must be looked at from three aspects: first, what is required of a nurse; how she must manage herself; and how her employer manages her.

Each employer differs as to what she requires her nurse to be; one has only to read through a single advertisement list to see how varied such requirements are; one brings forward most prominently the moral character, wanted "good disciplinarian," others want "excellent needlewoman," or "able to give first lessons." Now it stands to reason that these qualifications, taken singly, are not *all* that is required of the desired nurse but they are wanted in an extra special degree. There are of course certain qualifications and virtues which are a necessity to every good nurse if she is to successfully undertake the development of her charge's threefold nature. We can briefly sum up what is required of a nurse in "to give, to serve, to nourish, to help." What a nurse must always be giving is that all-powerful unconscious influence which never ceases to make impressions of right or wrong upon the children's unfolding minds. It must be an untold source of worry and anxiety to a mother in engaging a new nurse when she knows what a life-long impression this same nurse will make upon her children, and in order to be fairly certain that this new influence is going to be for good there are certain essential virtues which must be expected in the nurse, viz., patience, kindness, generosity, courtesy, unselfishness, good temper and sincerity. Yes, expect patience; at the same time I would ask all employers not to compare their nurse's patience with their own (the employer's), or I fear the nurse may come out badly. We hear much of the faults and failings of the "modern child," but side by side